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Looking for No. 4

Rider Nation is cautiously optimistic after the team roars off to a 3-0 start PAGE 2

A fish called saugeye

U of R researchers are calling on anglers for help as they fish for data on a hybrid PAGE 2

GLEE STAR REMEMBERED

FANS AND CELEBRITIES MOURN AFTER CORY MONTEITH WAS FOUND DEAD IN A VANCOUVER HOTEL ROOM PAGE 8

Some country music fans got down and dirty Sunday during the final day of the Craven Country Jamboree music festival. MARCO VIGLIOTTI/METRO

They came, they partied, they made it home safely

Going down to Craven, gonna have myself a time. Organizers and attendees praise calm Country Jamboree

MARCO VIGLIOTTI
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The 2013 edition of the Craven Country Jamboree wrapped up Sunday, with organizers reporting a relatively calm showing for the annual music festival.

"(The RCMP) is quite pleased (with the event) — it's been a normal year for them," said Kimberley Blevins, director of marketing for the festival.

Blevins said organizers and local RCMP met every day during the festival, adding there didn't appear to be any major problems.

"They have the usual stuff they deal (with)," said Blevins. "But for the most part, there's been no issues."

Hosted in the small village of Craven, the Country Jamboree has gained a reputation over the years for being, at times, a hotbed for rowdy partying.

But most attendees said this year's edition was fairly tame, while still providing a fun and exciting party atmosphere.

"I haven't heard of anything crazy happening," said Saskatoon native Emily Dyrland. "I feel like my mom had nothing to worry about."

Many festivalgoers noted that the peaceful atmosphere could be linked to the noticeable police presence at the event.

"I think that's a big reason people aren't getting out of control," said Edmonton native David Ahl.

"I've noticed them," said festivalgoer Heather Hudson. "(My friend and I) had to dump out our drinks a couple of times (because) we were on the road."

Alberta natives Samantha White, Samantha Jones and Raeshel Richardson also noticed a heightened police presence at the event but praised the local RCMP for their courtesy and professionalism.

"There's a definite presence," Jones said.

"But they're not that bad," added White. "They're not rude and they don't come and harass you."

No justice, no peace?

Civil-rights leaders call for calm as Americans react with outrage after a jury acquits the killer of Trayvon Martin PAGE 3

The gender line at home

When it comes to divvying up households chores between girls and boys, our family expert's advice is to mix it up PAGE 10

You'll win friends with this salad

Homemade balsamic dressing and loads of veggies make for a light and fresh Greek pasta salad PAGE 11

NEWS 1

Roughriders fans remain confident team will do well

Another season.
Rider Nation weighs in on 3-0 start

MORGAN MODJESKI
morgan.modjeski@metronews.ca

As the Saskatchewan Roughriders start with a 3-0 record for a second consecutive season, members of Rider Nation are confident their team will keep it together.

Lee Sparrowhawk, an engineer in Saskatoon, said he feels the team is in better shape than last year.

"I think they're in a better position than they were last year," said Sparrowhawk. "I think they'll falter a little bit, but they're a much deeper team.

"They have to keep expectations realistic."

Others like season-ticket holder Kyrstin Wagner from Regina were all about keeping it positive.

"Yeah, they're going all the way," she said. "I got my (Grey Cup) tickets already!"

Madeline Press, a nurse and a life-long Riders fan, echoed Wagner in her confidence, saying she feels the team has the potential to keep the winning streak alive.

"They have a better chance than last year because they have a stronger team this year. However, I'm a bit cautious because the last time they did really well at the beginning, they flopped badly. They got too cocky," said Press.

Despite the fact this is the second season in a row the Riders have started off strong, supporters are hoping they don't see a repeat of last year, when after the first three wins the Riders experienced a five-game losing streak, finishing the season in third place in the West Division with an 8-10 record.

WITH FILES FROM MARK VIGLIOTTI

Twitter

@roughriders1 : Go Saskatchewan Roughriders keep humble and keep doing what u are doing on and off the field great job so far.

@MHND_Steinke: Being in #Saskatoon, I love how upbeat everyone is after the #Saskatchewan #Roughriders win. #CFL.

@BestMattWilson: My Saskatchewan Roughriders are a strong 3-0. Grey Cup party at my place. #cfl

@mikebayrak: Saskatchewan Roughriders looked awesome against the Toronto Argonauts, the defending Grey Cup champs. #saskriders #undefeated #riderpride

Saskatchewan Roughriders wide receiver Rob Bagg is congratulated by quarterback Darian Durant after scoring a touchdown against the Argonauts during a game in Toronto on Thursday. FRANK GUNN/THE CANADIAN PRESS

Help wanted in decoding hybrid fish

Anglers in Saskatchewan are being asked to help reel in information about a hybrid fish.

Chris Somers, an ecologist at the University of Regina, is hoping that anyone looking for good fishing holes before an upcoming walleye tournament will bring him a specimen that could be a cross between a walleye and a sauger. It's known as a saugeye.

"What we are trying to do is to get a DNA-based approach up and running to detect hybrids reliably between those two species," said Somers.

"The reason we need to do that is that after a certain number of generations of interbreeding, you can't reliably detect a hybrid by eye, so you need a molecular tool to be able to positively identify something as being intermediate between the two."

The first step of Somers' research is to develop a detection method with DNA-based tools ready in the lab. He needs a tissue sample, like from a fin clip, to do the analysis.

Walleye are more of a lake or deep-water fish, while sauger are usually in turbid or flowing waters, such as rivers.

When the two environments come together — for example, at the spot where the South Saskatchewan River flows into Lake Diefenbaker — they can interbreed to create the saugeye.

"I don't think anybody is really 100 per cent sure what the consequences of hybridization are," said Somers.

"But some of the things that they might be are a change, for example, in the way that the hybrid fish grows compared with either of the parent strains."

THE CANADIAN PRESS

Research

Ahead of the walleye tournament

Ecologist Chris Somers and University of Regina researchers plan to be stationed at the boat launch in Saskatchewan Landing Provincial Park on Thursday and Friday, the pre-fishing period for a big walleye tournament taking place next weekend.

He would like anglers to bring him live fish so a fin clip can be taken. The fish would be returned to the fisherman or released. The other option is to store a dead fish on ice until a sample can be taken. Anglers can still fillet and eat the fish afterward.

"We'll be able to take a look at the fish and ask anglers what they think it is. Is it a walleye? Is it a sauger? Is it a saugeye?

"And then we can start to do a genetic analysis to basically demonstrate one way or the other what the fish was.

"I fully expect that anglers will have probably a pretty good feel for the obvious hybrids, but the ones that are a little bit more tricky to tell, that's where I think it's going to get very interesting."

THE CANADIAN PRESS

On the web

For more local news, go to metronews.ca

Protesters angered by the acquittal held largely peaceful demonstrations in three California cities, but broke windows and started small fires in Oakland. ANDA CHU, BAY AREA NEWS GROUP/THE ASSOCIATED PRESS

Verdict brings no resolution to killing of Trayvon Martin

Not guilty. Safety of the accused in question after mass protests across U.S.

After a year and a half of living as a hermit, George Zimmerman emerged from a Florida courthouse a free man, cleared of all charges in the shooting of 17-year-old Trayvon Martin.

His brother said the former neighbourhood watch volunteer was still processing the reality that he wouldn't serve prison time for the killing, which Zimmerman, 29, has maintained was an act of self-defence. Late Saturday night, a jury found him not guilty of second-degree murder and declined to convict him on a lesser charge of manslaughter.

However, with many critics angry over his acquittal, his freedom may be limited.

"He's going to be looking over his shoulder the rest of his life," Robert Zimmerman Jr. said during an interview.

Six jurors considered nearly three weeks of often wildly conflicting testimony over who was the aggressor on the rainy night Martin was shot.

Jurors deliberated for more than 15 hours over two days before deciding late Saturday night. The court did not release the racial and ethnic makeup of the jury, but the panel appeared to reporters to be made up of five white women and a sixth who may be Hispanic.

Those watching reacted strongly when the verdict was announced. Martin's mother and father were not in the courtroom when it was read; supporters who had gathered outside yelled "No! No!"

Andrew Perkins, 55, a black resident of the Orlando suburb where Martin was shot, angrily asked outside the courtroom: "How the hell did they find him not guilty?"

"He killed somebody and got away with murder," Perkins shouted, so angry he shook.

Trayvon Martin's brother, Jahvaris Fulton, said on Twitter: "Et tu America?"

THE ASSOCIATED PRESS

Peace forever lost?

"No one wins either way. This is going to be a recurring nightmare in his mind every night."

Chris Bay, a supporter of the accused

Fallout

Trayvon Martin's 2012 killing unleashed debate across the U.S. over racial profiling, self-defence and equal justice.

- Protesters nationwide lashed out against police, as it took 44 days for George Zimmerman to be arrested.
- Many, including Martin's parents, said Zimmerman had racially profiled the unarmed black teen.

Reaction

U.S. recoils and rages

From New York to California, outrage poured from street demonstrations and church pulpits on Sunday as hundreds of protesters took to the streets.

In Manhattan, congregants at Middle Collegiate Church were encouraged to wear hooded sweatshirts in the memory of Trayvon Martin.

The Rev. Jacqueline Lewis, wearing a pink hoodie, urged peace and told her congregation that Martin Luther King Jr. "would have wanted us to conduct ourselves on the highest plane of dignity."

Chicagoan Maya Miller, 73, said the case reminded her of the 1955 slaying of Emmitt Till, a 14-year-old who was murdered by a group of white men. Till's killing galvanized the civil-rights movement.

Miller said she feels as if "nothing has changed in 58 years."

The NAACP called for the opening of a civil-rights case against Zimmerman in an online petition addressed to Attorney General Eric Holder.

Civil-rights leaders, including the Revs. Jesse Jackson and Al Sharpton, urged peace in the wake of the verdict. Jackson said the legal system "failed justice," but violence isn't the answer.

But not all the protesters heeded those calls.

In Oakland, Calif., some angry demonstrators broke windows, burned U.S. flags and started street fires. Some marchers also vandalized a police squad car and used spray paint to scrawl anti-police graffiti on roads and Alameda County's Davidson courthouse.

THE ASSOCIATED PRESS

Nelson Mandela. Ailing leader may be sent home

Nelson Mandela may be discharged from hospital soon to recuperate at home, said a former president of South Africa.

The prediction was made by Thabo Mbeki as he gave a memorial lecture for the African National Congress on Saturday, the Eyewitness News radio service reported.

Mandela, 94, has been in hospital for more than five weeks for a recurring lung infection, sparking an outpouring of support in South Africa and internationally. Friends who have visited him say he is on life support in the form of mechanical ventilation.

Nelson Mandela
GETTY IMAGES FILE

THE ASSOCIATED PRESS

'Orangutan.' Slur thrown at black minister in Italy

Italian Premier Enrico Letta has harshly criticized a top senator who likened the country's first black Cabinet minister to an orangutan, the latest episode of high-profile racial tension in a nation grappling with immigration.

In a statement Sunday, Letta denounced Roberto Calderoli's words as "unacceptable" and "beyond every limit."

Calderoli, the Senate's vice-president and a leader of the anti-immigrant Northern League party, made denigrating remarks about Immigration Minister Cecile Kyenge at a party rally on Saturday.

"I cannot help think ... of a resemblance to an orangutan," Calderoli is quoted as saying by the Corriere della Sera newspaper.

Kyenge is a Congolese-born doctor who became Italy's first black minister in April. THE ASSOCIATED PRESS

Lac-Mégantic disaster. Priest struggles at pulpit

The parish priest in a Quebec town gripped by tragedy said Sunday he struggled to find the words to comfort his flock.

Steve Lemay said he and his colleagues have tried to bring solace to Lac-Mégantic in the week since a train derailment killed an estimated 50 people and razed the town centre.

But he said some residents haven't even begun to grieve. With many questions still unanswered, the loss hasn't fully sunk in, he told reporters outside the Ste-Agnes Church.

"Normally, when we lose someone we love, we can see them, we can make contact," he said. "We don't have that here."

Two more bodies were pulled from the rubble on Sunday, bringing the official death toll to 35. Fifteen people remained missing, more than a week after the disaster.

THE CANADIAN PRESS

Cabinet

Harper set to shuffle the bench

Prime Minister Stephen Harper is poised to shuffle his front bench, setting in place the team that will carry the Conservative government into the 2015 election.

Ray Novak, Harper's chief of staff, began phoning ministers and cabinet newcomers with their new assignments on Saturday night, with the formal appointments set to be announced Monday morning at Rideau Hall.

All ministers and deputy ministers have been summoned to be in the capital Monday, sources told The Canadian Press.

There is much talk of generational change within the party. THE CANADIAN PRESS

Security abroad

CSIS guide to help officials avoid being shagged by spies

Canada's spy agency has quietly warned travelling government officials they may be drugged, kidnapped or blackmailed after being enticed into a sexual "honey trap" by an attractive stranger.

Foreign intelligence services see federal employees — and the proprietary information they carry — as prized targets, and precautions must be taken to prevent the pilfering of secret files, says the Canadian Security Intelligence Service.

The threat has prompted CSIS to prepare a special guide advising Canadian officials. THE CANADIAN PRESS

Building collapse

Owner of Elliot Lake mall set to testify at inquiry

The inquiry into why a northern Ontario mall collapsed last summer, killing two women and injuring dozens of others, enters its final phase Monday, with the first of two key witnesses taking the stand.

Slated to testify over the next two weeks about their roles in the tragedy are Levon Nazarian and his father Bob Nazarian, who owned the ill-fated Algo Centre Mall for its final seven years.

"The evidence that we've heard so far is that conditions continued to deteriorate over that period," said inquiry lawyer Peter Doody. THE CANADIAN PRESS

New Alberta flood-recovery funding regime faces criticism

No easy solution.
Plans to avert future disaster provide little consolation for victims

JEREMY NOLAIS
Metro in Calgary

Plans by the Alberta government to ban development in mapped floodways and no longer fund recovery efforts for those continuing to live there were met with sharp criticism from those still recovering from a disaster unlike any previously seen in the province.

Officials took the veil off new rules for funding and development during a technical briefing Sunday morning, a little more than three weeks after rivers surged to levels not seen in a lifetime, displacing tens of thousands of Southern Albertans and leading to billions of dollars in damages.

Some homes in the town of High River remain underwater even now.

Going forward, all municipalities will be prohibited from approving new developments in known floodways and residents opting to continue residing in those areas will no longer receive disaster recovery funding for damage caused in future floods, Municipal Affairs Minister Doug Griffiths announced.

As well, any homes located in Alberta's "flood fringe" areas will be required to undertake mitigation efforts — raising a home using piers or columns, erecting berms or flood walls, and water-sealing a residence were examples provided — if they wish to receive recovery funding going forward.

"For Albertans who have endured this disaster and face an uncertain future, I want you all to know one thing: Our government is here for you," Griffiths said, adding compensation for those choosing to move out of a floodway will be determined on a "case-by-case" basis.

Calgary Mayor Naheed Nenshi said there are questions about the accuracy of provincial flood mapping, which will provide the only guideline on which homes reside in the floodway and flood fringe.

"I don't have much of a philosophical problem with what they're saying," Nenshi said, before adding, "I am surprised the province would announce such sweeping changes in the absence of any consultation whatsoever with affected municipalities." WITH FILES FROM DARREN KRAUSE

Sarah and David Carlson believe their soon-to-be finished home in Calgary's Roxboro area is flood-proof, but because half of their land is in a mapped floodway, it's possible they will not receive any recovery funding in future disasters. JEREMY NOLAIS/METRO

Grey area

The province will be supplementing some of the funding for mitigation efforts, but for many in the flood zones the new policy added to what some described as already being the worst three weeks of their lives.

- David and Sarah Carlson were busy constructing a $3-4 million home in the southwest community of Roxboro when the floodwaters surged.
- The pair had already torn down the previous home on the lot and worked diligently to make the home flood-proof.
- But their property is divided in two on the provincial mapping — half is in a floodway and half in a flood fringe — and the pair questioned what that would mean for them going forward.

Manitoba village bears brunt of possible tornado

A trailer lies on its side after an unconfirmed tornado touched down in the regional municipality of Pipestone, Man., Saturday. @SNIPE_ALL_DAY/TWITTER

The reeve of Pipestone, Man., is relieved no one was seriously injured after what Environment Canada says was likely a tornado tore through the rural municipality Saturday night.

"It ripped the roofs off buildings, flipped a mobile (home), took a part of the hall and part of the rink — so it was pretty severe," Ross Tycoles told Metro Sunday morning from his home in Reston. "It was bad enough here, but Pipestone is the one that really got it."

Tycoles said the fast-moving storm — which dropped hail as big as golf balls in the area as it moved into the southwest corner of Manitoba along Highway 2 from Saskatchewan around 6 p.m. — levelled a number of trees and knocked out power for the more than 200 people in the Village of Pipestone.

"Hydro is going to be an issue, there was lots of downed power lines," explained Tycoles, who said power remained down in Pipestone Sunday morning. "They shut the power off in town until they can reassess (the damage) to be safe."

The reeve said the only injuries reported were a couple of people who cut their hands from broken glass.

Environment Canada

"Did it actually reach the ground? We haven't received any report, but it's highly possible that it was a tornado."
Meteorologist Mark Gerlyand

The storm couldn't have come at a worse time for the RM of Pipestone, which declared a state of emergency in late June after heavy rains brought more than six inches of water in about six hours to Reston.

Environment Canada meteorologist Mark Gerlyand said the storm moved over Pipestone within two hours before losing steam as it went eastward.

While Gerlyand hasn't seen any photos verifying a funnel cloud touched down, he said there was a report of a tornado from the village of Pipestone around 7 p.m., and radar information did show cyclone activity in the air at the time. SHANE GIBSON/METRO IN WINNIPEG

Determined Philippine newcomer asks the right questions to find her way

"Don't be afraid to ask questions, because people here want to help immigrants," says newcomer Carrie Palaganas. Determined to succeed, she took that approach during her first weeks in Canada, arriving with her husband and teenage son in the midst of the Edmonton winter.

"It was really difficult since we came from 28 degrees to –28 degrees, and we did not have enough warm clothes," recalls Carrie, a former banker and registered nurse who left the Philippines to access better opportunities for her son.

"Fortunately I had some living angels here," gushes Carrie, speaking of her immigration agent, her family and a high school friend who moved to Alberta a decade earlier. "With their help, we found winter clothes, got our paperwork organized and found an apartment in the city and on the school bus routes."

Carrie was also impressed by the team at the Edmonton Commercial Banking Centre and Main Branch, including Customer Service Officer Janelle Brideau, who alleviated her concerns about protecting the savings the family brought to Canada.

"Banking is very complicated here, with so many different accounts, but they helped us choose the right package with the best benefits," says Carrie, referring to the ***Scotiabank StartRight***® Program.[1] Through the *StartRight* Program, Carrie received a free day-to-day bank account for one year[2], a wide range of credit card options[3] and a number of other customized services and benefits. "I realized that a credit card is important because you need to build credit history if you want to buy a car or house someday."

While Carrie praises the kindness of others, she made a point of seeking advisors to answer her questions, even among fellow commuters who helped her navigate the transit system. "In the Philippines, everything was just around the corner," she laughs.

Carrie also showed perseverance to succeed. When she realized it would take time to recertify as a nurse, she applied her personality and bank work experience to earn a position at Scotiabank as a customer representative. "Now I can make other newcomers comfortable," says Carrie. "The other day a customer remarked, 'Thank goodness there is a Filipino here,' since she preferred to conduct her banking in our native dialect."

From her own experience, Carrie urges newcomers to, "Find a good bank that has nice people who want to know you and help you start a new life. Don't be afraid to ask questions to understand all the facts."

"In general, I would tell other immigrants to be strong and hang on, because this is a better place and people here will help you," concludes Carrie. "Today, I can see the sun is shining."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK®.

Carrie Palaganas is now enjoying sunny days in Canada, after getting answers to her newcomer questions from helpful advisors at Scotiabank.

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Flight 214. Asiana payout to depend on nationality

When the courts have to figure compensation for people aboard Flight 214, the potential payouts will probably be vastly different for Americans and passengers from other countries, even if they were seated side by side as the Asiana jetliner crash-landed.

An international treaty governs compensation to passengers harmed by international air travel — from damaged luggage to crippling injuries and death. The pact is likely to close U.S. courts to many foreigners and force them to pursue their claims in Asia and elsewhere, where lawsuits are rarer, harder to win and offer smaller payouts.

The flight that broke apart Saturday at the San Francisco airport was carrying 141 Chinese, 77 South Koreans, 64 Americans, three Canadians, three Indians, one Japanese, one Vietnamese and one person from France when it approached the runway too low and too slow. The Boeing 777 hit a seawall before skittering across the tarmac and catching fire.

Three girls from China were killed and 182 people injured, most not seriously. THE ASSOCIATED PRESS

Asiana Flight 214 after it crashed at San Francisco International Airport
THE ASSOCIATED PRESS FILE

Quoted

"The other people are going to have a real fight on their hands." **Attorney Frank Pitre,** on non-American passengers

Critical infrastructure

Cyber security in private sector a big problem: Records

Gaps in the cyber-security efforts of Canadian corporations could be leaving them open to sophisticated attacks by hackers, records show.

"The current situation is that there are an increasing number of new software vulnerabilities that can be exploited to gain access to companies' networks," reads a July 2012 memo obtained from Public Safety Canada under the Access to Information Act.

"The scale of the problem is significant. The cost of maintaining a highly secure network is high for each company, and they may not be willing to make that investment."

The smooth operation of critical infrastructure assets is integral to the country's economic, political and social well-being, according to a report by the auditor general published last fall. But despite a commitment to protecting critical infrastructure, the federal government has been slow to build partnerships with stakeholders, the report states. THE CANADIAN PRESS

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New bones about it: Chances of finding fossils up after floods

Cody Van Megen's dog Moose examines one of many large bones found while walking along the banks of the Bow River, heavily eroded by recent flooding, in Calgary on Friday. While Van Megen was bracing for signs of devastation, he didn't expect to find a set of gigantic rib bones sticking out of the riverbank. Van Megen got in touch with Francois Therrien, a paleontologist at the Royal Tyrrell Museum in Drumheller, Alta. Therrien told him the bones were unlikely to be from a dinosaur, but the discovery could be significant, potentially signalling an early bison fossil. A team will examine the bones in August. LARRY MACDOUGAL/THE CANADIAN PRESS

J.K. Rowling revealed as 'new' crime writer

Chamber of secrets. Critics called mystery novel with a pen name a 'scintillating debut novel'

An ex-military man tries his hand at writing, publishes a debut detective novel, and wins critical acclaim. But here's the twist in the tale: The true identity of the author is none other than Harry Potter creator J.K. Rowling.

It's impressive literary wizardry by Rowling, who said she relished the freedom of writing The Cuckoo's Calling under her pseudonym, Robert Galbraith.

"I hoped to keep this secret a little longer," she said in a statement released by her publicist on Sunday. "It has been wonderful to publish without hype or expectation, and pure pleasure to get feedback from publishers and readers under a different name."

The Cuckoo's Calling, a story about a war veteran turned private investigator who is called in to probe the mysterious death of a model, was published to rave reviews in April.

The Sunday Times claimed it was investigating "how a first-time author with a background in the army and the civilian security industry could write such an assured debut novel" when it connected the dots. The paper said clues included the fact that Rowling and Galbraith shared the same agent and editor, and that Little, Brown published Rowling's other adult novel. It also said the book's style and subject resembled Rowling's work.

Cross-writing

"Being Robert Galbraith has been such a liberating experience."
J.K. Rowling

Rowling's publicist confirmed the news, helping the novel climb to the top of Amazon's bestselling list Sunday. THE ASSOCIATED PRESS

Matthew Rossow tests the Lettuce Bot in Salinas, Calif.
MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Bots and crops meet again

On a windy morning in California's Salinas Valley, a tractor pulled a refrigerator-sized contraption over rows of budding iceberg lettuce plants. Engineers from Silicon Valley tinkered with the software on a laptop to ensure the machine was eliminating the right buds.

Hired by a Salinas-based agricultural produce company, the engineers were testing the Lettuce Bot, a machine that can "thin" a field of lettuce in the time it takes about 20 workers to do the job by hand.

The thinner is part of a new generation of machines that target the last frontier of agricultural mechanization — fruits and vegetables destined for the fresh market, which have thus far resisted mechanization because they're sensitive to bruising.

In this region known as America's Salad Bowl, the machines could prove revolutionary. Though they cost millions, farmers say the robots are worth the investment: They could provide relief from recent labour shortages, lessen the unknowns of immigration reform, and even reduce costs, increase quality and yield a more consistent product.

But farm-worker advocates say mechanization would lead to workers losing jobs, growers using more pesticides and the food supply becoming less safe. THE ASSOCIATED PRESS

TRY SOME DEMOCRATIC EXCESS

URBAN COMPASS

Hilary Nelson
regina@metronews.ca

I've been having sober third and fourth thoughts about the Senate in Canada. I wish my perspective were as black-and-white as Premier Brad Wall's and the Saskatchewan Party's, which last week voted in favour of Senate abolition.

Initially created to tamp down the "democratic excesses" of the House of Commons — hence Sir John A. Macdonald's famous statement about it being the chamber of "sober second thought" — the Senate was a means of subtly reinforcing the superiority of the landed gentry over any elected rabble.

I don't know about you, but I could go for a little democratic excess right about now.

We haven't had a full performance audit of the Senate or the House of Commons for a very, very long time, and the senators and MPs prefer to keep it that way. What other horrors lurk beneath the $90,000 cheque made out by the prime minister's former chief of staff?

Barring a whistleblower emerging, it's unlikely we'll find out. And the current fad for abolition shows that the proponents aren't really interested in cleaning up the mess, just throwing the bums out. Sometimes, I feel rather sorry for the senators involved — until I see their pension packages. That's possibly why the Senate scandal has gripped the nation: It's easy to understand $90,000. It's harder to grasp, say, $3 billion.

Let's have some movement on this either way, not just posturing. Abolition, reformation — it's the same we've been hearing for more than 30 years. Abolition is just trendy right now because certain senators couldn't manage to remember their addresses.

If we're going through all this trouble to abolish the Senate, we should be talking about instituting proportional representation as well. Other countries with unicameral systems — that is, only one chamber or house — have some form of it.

The Senate attempts to make up for some imbalances in the House of Commons, but it's heavily weighted toward the first provinces in Confederation. Ironically, Quebec is the only body that has something approaching proportional representation in the Red Chamber. Not to mention the partisan setup of the Senate doesn't inspire confidence; layering party politics on top of unelected appointees makes for a murky situation, especially when it comes to writing cheques.

Mr. Wall's referendum means we have one political party in power in one province that has a majority of members who agree that the Senate should be abolished. It's a start, I suppose. Other premiers have come out for and against the Senate, but there's no consensus.

The current system is not ideal — due both to the actors involved and the makeup of the system itself — but I'm not enthusiastic we'll see any meaningful change as long as it's used as a political football to score points with the populace.

At any rate, it's far from the last we'll hear of the Senate in this province. Sen. Pamela Wallin's audit is set to wrap up at the end of the month.

ZOOM

Tidal wave is man-made

QUIRKY CHINA NEWS/REX FEATURES

Yellow Dragon roars again

Tourists watch as tidal waves of water are unleashed at 2,600 metres per second into the Xiaolangdi reservoir in Henan, China.

The spectacular process is part of anti-pollution efforts in the Yellow River, and officials claim it has removed tonnes of debris from the bed, improving the nation's water supply. METRO

Adapting to demand

- **Pollution.** In 2008, 40 per cent of water was unusable due to pollution, and 30 per cent of fish species were extinct.
- **Digital solution.** A new software system can flush vast quantities of water through polluted zones. It won environmental prizes and is now used across China.

The effect

390

The quantity, in millions of tonnes, of river-bed debris that has been cleared by this method over the past 13 years. The river now flows all the way to the sea, without stretches of desert. Millions depend on "Mother River." At 5,464 km, it's the second-longest river in Asia.

Pieces of the puzzle

"The key to bringing the river under control is to control its water and sand."

Chen Xiaojiang, director of the Yellow River Conservancy Commission of the Ministry of Water Resources

Clickbait

Since Vine became available on Android last month, the playing field for six-second, looped videos shot with your cellphone has essentially been levelled, which has, in turn, upped the quality of stop-motion and regular videos that create an optical illusion. These are the latest creators of some app-ealing vids that were also selected for the #WiredOpticalIllusion contest.

@savi10:
Guy Savioli has revolutionized the once-popular dancing-stick-man-on-a-notepad trick by turning it into an infinite falling stick man with the use of the looping software.

@lalo:
If you think it's impossible to turn a one-dollar bill into a two-dollar bill with one quick fold, then maybe you are the twit.

@YvesDas:
Based out of Belgium, this artist has perfected the stop-motion Vine video. Think Gumby, all grown up (and six seconds long).

@Pinotski:
Trust this man behind the lens for a nicely skewed version of reality. METRO

Letters

Today's weak labour market for youth is not only hurting young Canadians. It's also taking a financial toll on their middle-class parents.

There are still 200,000 fewer jobs for young Canadians than before the recession. According to TD Bank, young Canadians are not only losing out today, they also face lower wages for more than a decade as they try to catch up on missed work experience. A growing number of 20-somethings are now competing for unpaid internships in an attempt to get ahead.

While job prospects for young Canadians have deteriorated, the price of everything from tuition to rent and groceries has gone up. Yet student debt levels have remained relatively constant. So who is picking up the tab?

It's middle-class parents who are stepping in to financially support their adult children.

According to TD, more than half of baby-boom parents have continued to financially support their adult children, even after they leave school. Instead of listening to Canadians on this issue, the Harper Conservatives have cut the number of youth jobs in the Canada Summer Jobs Program by more than half, and frozen the skills training budget at 2008 levels without allowing for either inflation or population growth.

Scott Brison, Liberal finance critic

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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Glee star Cory Monteith was found dead in a Vancouver hotel room on Saturday. THE CANADIAN PRESS

Remembering Monteith

United in grief. Celebrities, fans send out condolences to Glee actor's family, police won't speculate on cause of death

Tributes from celebrities and fans of the popular television series Glee were pouring in on social media Sunday as those who admire Canadian actor Cory Monteith learned of his sudden death.

The 31-year-old actor, who shot to fame as football player and singer Finn Hudson on the popular television series, was found dead at a downtown Vancouver hotel room on Saturday.

Police told reporters the cause of death still must be determined, but investigators do not believe foul play was involved.

Once news broke of Monteith's death, fellow celebrities and Glee cast members took to Twitter to express their condolences.

Dot-Marie Jones, who plays Coach Shannon Beiste, wrote, "I am blessed to have worked with him and love him so much. My heart is with his family and our whole Glee family. I love you all."

And Lauren Potter, who plays cheerleader Becky Jackson said, "I am totally heartbroken right now. I love Cory so much this hurts my heart. I hope my Glee family is OK right now. I love them all. Cory was always so nice to me. I have so many good memories."

Monteith's co-star and girlfriend Lea Michele, who plays Finn's girlfriend onscreen, has issued a brief statement, requesting privacy.

Fans from B.C., where Monteith grew up, also mourned the death of the local celebrity.

"When I first saw Glee, I was ecstatic for Cory. A local boy and a great guy. My thoughts to his family and friends. He will be remembered," wrote Vancouver actor Osric Chau.

The executive producers of Glee and Fox also issued a statement on Saturday night, saying, "We are deeply saddened by this tragic news. Cory was an exceptional talent and an even more exceptional person. He was a true joy to work with and we will all miss him tremendously. Our thoughts and prayers are with his family and loved ones."

Acting Vancouver Police Chief Doug LePard told reporters on Saturday that Monteith's body was found around noon after he failed to check out from his room as scheduled. LePard said the actor had been with some other people in the room the night before, but video and electronic records show that Monteith entered the room by himself on Saturday morning.

His death comes several months after he told People magazine that he had admitted himself into rehab for substance abuse, but police declined to speculate whether there was any connection.

Monteith, who has been open about having suffered from drug addiction when he was younger, was born in Calgary and raised in Victoria, where his mother still lives.

THE CANADIAN PRESS

Peripatetic Monteith

Before becoming an actor, Monteith worked as a Walmart people greeter in Nanaimo, B.C., as well as a taxicab driver, school bus driver and roofer. He had minor roles in other films before joining the cast of Glee, which debuted in 2009. He also was drummer for the California-based band Bonnie Dune, and was an avid supporter of the Project Limelight Society, a Vancouver charity that offers a theatre program to at-risk youth.

Locked up and nowhere to go

Orange is the New Black. New Netflix series about a socialite doing time puts a female spin on life as an inmate

The new Netflix series Orange is the New Black opens with the provocative image of two naked women in a shower, entwined in a passionate embrace. It's the kind of brazen kickoff obviously designed to grab attention, but star Taylor Schilling says the show's envelope-pushing nudity is different — this time the salacious scenes come from a resolutely female point-of-view.

"It doesn't to me feel like it's as sexualized as other scripts that I've read," Schilling said by phone from New York of the dramedy.

Schilling stars as privileged Brooklyn socialite Piper Chapman, who is slapped with a 15-month sentence at a U.S. federal penitentiary when authorities link her to a hard-as-nails female drug-runner she romanced — and ferried cash for — more than a decade earlier.

Schilling lauds an array of racially diverse actresses who fill out the cast and praises Kohan for offering a rare chance to see a variety of female characters on the small screen. Even the blond and seemingly delicate character Piper challenges convention, she said.

"It's a moment of divine intervention I think when you find a role that can really be a full-bodied woman, and actually I mean that in every sense of the word," said Schilling.

THE CANADIAN PRESS

Taylor Schilling stars in Orange is the New Black. GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Hugh Jackman.

Getting into Wolverine shape

Hugh Jackman admits he isn't afraid of stealing workout techniques from other actors — like Dwayne "The Rock" Johnson — if it means getting into tip top Wolverine shape.

"I know Dwayne and I rang him and said, 'Buddy, I saw you in the Tooth Fairy, and then I saw you in an action movie and you are massive. How do you do it?'" Jackman tells E! News. "Right as he's telling me the whole diet, someone knocked on his trailer door — and I'll never forget this moment. He goes, 'Hold on a second! I'm talking to Wolverine. You can tell them I said they can wait.'"

Elizabeth Banks.

Banks has a love for ladies

Elizabeth Banks is no stranger to locking lips with other women — and, she tells the Advocate, her two onscreen instances of same-sex smooching weren't her first.

"I've definitely made out with a few girls in my time," she tells the magazine, describing kissing a woman as "a little softer" than kissing a man. "It is nice not to have to worry about razor burn," she admits.

The Word

Divorce, arrests and bombings

STARGAZING
Malene Arpe
scene@metronews.ca

This week in diva suffering: 1) **Mariah Carey** dislocates her shoulder while shooting a video 2) Fans are upset that Madame Tussauds' **Adele** figure is too thin. 3) A reportedly inebriated **Rihanna** is escorted by security from a Polish music festival. 4) **Lauryn Hill** goes to prison to serve time for tax evasion. 5) **Lady Gaga's** new diet reportedly causes massive flatulence. 6) Ha-ha-ha-ha-ha.

• A dancer and student with the Winnipeg Ballet is dismissed after it's discovered he made gay porn. The administrators at the ballet were particularly upset over his work in Man Lake and Sleeping Barry.

• **Nigella Lawson's** husband files for divorce because he's annoyed she didn't come to his defense after he choked her in public. I don't blame him. It's just like that time when I stole my friend's car and then, when I accidentally ran him over, he wouldn't testify on my behalf.

• **George Clooney and Stacy Keibler** finally split. She wanted marriage and kids and a raise and he needed space and enough time to find someone new for awards season.

• A man is arrested at a **Taylor Swift** concert after posting threats on Facebook and because he carried a sign that read, "Taylor Swift is with Satan." Police said they take all threats seriously and, besides, "He's a liar. Everyone knows Satan prefers Selena Gomez."

• The Lone Rider bombs at the box office. That's too bad. We were all looking forward to **Johnny Depp** wearing an entire ostrich in the sequel.

Justin Bieber. ALL PHOTOS GETTY IMAGES

Bieber continues ruining lives of others ... or something like that

Trouble continues to dog Justin Bieber as he makes his way across the U.S. for his summer tour, though this time it's not the 19-year-old singer who's in trouble.

Last week, Bieber took a post-concert trip to a Chicago nightclub that resulted in the club being cited for letting him in, according to an E! News report.

Bodi Chicago was issued a citation for "admitting and knowingly having underage persons in the establishment," according to a spokesperson for the Chicago Department of Business Affairs and Consumer Protection.

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Look awkward, be safe

Faux tattoos help identify allergies

Just when you thought childhood awkwardness couldn't get any more … awkward, there's always something to take it to the next level.

This time around it's SafetyTats. The premise of the invention is to identify children's allergies or other vital information through temporary tattoos that can be applied anywhere on the body.

There are two different types of SafetyTats. The original ones, which are applied like regular temporary tattoos, come with standard allergy messages (such as "food allergy: nuts") and quick stick write-ons, which come in various neon colors, apply similar to a Band-Aid and allow users to write custom allergy messages.

"I remember going to an amusement park one weekend with my three kids and thinking 'I don't want to have to worry about them getting lost,'" said SafetyTats creator Michele Welsh. "I wrote my cellphone number on their arms with a ball point pen but eventually it rubbed off during the day and that's when I knew that I had to create something else."

The original safety tats last approximately three to five days depending on the activeness of the child. The quick stick write-ons last up to two weeks and are waterproof.

COURTNEY M. FOWLER, METRO WORLD NEWS IN NYC

Exclusively Online

Reasons Mommy Drinks? This week, it's the local park's wading pool a.k.a. giant vat of pee. Read this and more hilarious mommy tales at metronews.ca/voices.

A boys with dustpans, girls on lawn mowers revolution

Gender roles. Our expert weighs in on a study that says siblings can have a large impact on gender stereotyping

IT'S ALL RELATIVE
Kathy Buckworth, kathybuckworth.com

"Men with sisters appear to do less housework, even in middle age." A provocative and, I think, curious statement to make.

Yet, according to a paper published in the Journal of Politics, decades of data have led to this conclusion. The data suggest that siblings can have as large an impact on gender stereotyping as parents can when it comes to the running of a home.

The report goes as far as to say that the roles of brother and sister can resemble those of husband and wife. (Frankly, the only way my kids resemble a husband and wife is in a Bickersons arguing sort of way.)

How to prevent this from happening in our own home? I'm thinking maybe we could start with the philosophy of "It's only work if you're not having fun." I say this, as due to my excellent parenting skills, (or admittedly by some strange fluke), I happen to have tricked my youngest son, 11, into thinking that housework is fun.

They're paying attention

"The study tells us that our kids are watching … how we divvy up the chores we do as adults."
Kathy Buckworth

He routinely mops the kitchen floor, vacuums, and sprays glass cleaner on glass cleanable surfaces with wild abandon. He requested, and received, his very own toilet brush, that he also uses with surprising frequency. He does all of this … for fun. In fact, the day that school ended he asked if he could mop as a sort of "welcome to summer holidays treat." I magnanimously let him.

He does have siblings (a brother and two sisters), none of whom would even pick up a duster unless it were on fire, and probably not even then unless I threatened to take their phones away.

Maybe the fact that there is another brother in the house counteracts the unintentional yet subliminal boy versus girl housecleaning message. Whatever the case, the theory doesn't seem to hold water in my house.

But if that's what the research shows for other families, maybe on the whole we need to do something about this, mostly to save our daughters, and our son's future partners from having to pick up the slack, and the dirty clothes, thanks to our own procreation of boys.

The study tells us that our kids are watching us — how we divvy up the chores we do as adults and how we assign chores to our children.

Does your daughter mow the lawn? Does your son set the table? Do you have "boy jobs" and "girl jobs" in your house? Do they get to pick their chores? Take some time to mix it up this week.

Unfortunately I can't lend my own son out, as the floors need cleaning at my house.

KATHY'S NEW BOOK I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS IS AVAILABLE AT BOOKSTORES EVERYWHERE. FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

According to one report, men with sisters appear to do less housework, even as they grow up. ISTOCK

Ga ga goo goo, where's my Tortle?

Amid the purveyors of belly casts and placenta pills, sonogram art and cord blood banks at a recent baby gear extravaganza stood a smiling Rosie Pope, pregnancy advice guru, mommy concierge to the rich and, with any luck, the Martha Stewart of maternity.

"There's Rachael Ray for cooking and Rachel Zoe for style, but who in motherhood? That's my dream," said the affable mom of three as she signed copies of her pregnancy guide, Mommy IQ, showed off her maternity clothing line and chatted up fans at this year's New York Baby Show.

Making sense of maternity and baby gear these days isn't easy, so Pope may just get her shot. More than a few moms-to-be were befuddled as they walked the crowded show floor.

There's the Tortle, for example. It's an infant hat with a soft wedge built in to battle flat head syndrome. And there's Clean Bee Baby, an eco-friendly cleaning service for strollers and car seats.

There were also numerous reinventions of the wearable baby carrier, bright and cheery seats and rides of all kinds, including one that looks like an actual car, and all-natural everything, from squeezable baby fruit to Kinder by Nature herbal wipes, loaded with certified organic aloe vera, tea tree and ylang ylang extracts.

Pope offered her view on the explosion of gear for mom, dad and baby.

"There's so much we do not need," she said. "What we do need is a safe place for the baby to sleep. We do need a safe car seat. We do need a stroller system that the car seat can snap into. What we do need is some clothes. What we don't need is shoes and hair accessories and wipe warmers and bottle warmers and all of this sort of extra stuff that really is just adding complication to what you're doing rather than making your life easier."

THE ASSOCIATED PRESS

A picnic just isn't a picnic without Greek Pasta Salad

KAREN HUMPHREY
YummyMummyClub.ca

This salad is packed with vegetables and lightly kissed with a home made balsamic dressing so it's light and fresh.

This recipe serves four. KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA

Ingredients

- 2 cups bow tie pasta
- 1 cup halved grape tomatoes
- 1/4 cup thinly sliced red onion
- 1 cup chopped cucumber
- 1/2 sweet yellow pepper, seeded and chopped
- 1/2 sweet red pepper, seeded and chopped
- 4 oz feta cheese, crumbled
- 1/4 cup black olives, sliced
- 2 tbsp chopped fresh dill

Dressing

- 3 tsp balsamic vinegar
- 2 tbsp olive oil
- 1/4 tsp honey
- salt and pepper
- squirt mustard

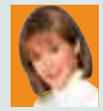
1. In pot of boiling salted water, cook pasta according to package directions. Drain and rinse with cool water. Set aside.

2. Toss pasta with tomatoes, onion, cucumber, peppers, feta, olives, and dill.

3. Measure dressing ingredients in a mason jar. Screw on lid and shake until everything is well mixed together. Drizzle over pasta and toss. You don't have to use all the dressing. Add salt and pepper to taste. Serve right away or chill for about an hour before serving. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

What says summer more than wings and beer on a patio? Not a whole lot. But be prepared for a lot of calories, fat and sodium if you sip and bite into the wrong choices.

Equivalent

Four pints of beer and 15 breaded Pizza Hut wings with honey barbecue sauce are equal in calories to four whole Swiss Chalet chickens.

4 pints beer, 15 breaded Pizza Hut wings with honey barbecue sauce

2,540 calories / 90 g fat / 4,280 mg sodium

It will cost you more than a day's worth of calories and fat, and three days' worth of sodium!

2 pints light beer, 15 traditional Pizza Hut wings with garlic Parmesan sauce

850 calories / 39 g fat / 2,150 mg sodium

These wings are baked, not fried.

Lunch. Fresh and Light Summer Pasta Salad

1. Bring a large pot of salted water to a boil.

2. Meanwhile, in a large serving bowl toss the tomatoes with a few hefty pinches of salt and some black pepper. Let stand for 10 minutes, then add the lemon zest, oil and goat cheese and toss well.

3. Add the pasta to the boiling water, stir and cook according to package instructions until just al dente. Drain the pasta (it's fine to have some water still clinging to the pasta), then add it to the bowl. Toss until the cheese is melted. Taste and season with salt and pepper to taste. Divide the pasta between 4 serving bowls, then sprinkle each portion with some of the herbs. Serve. THE ASSOCIATED PRESS

Ingredients

- 3 cups chopped fresh tomatoes (about 1-inch pieces)
- Kosher salt and ground black pepper
- 1 tsp grated lemon zest
- 1 tbsp extra-virgin olive oil
- 5 oz goat cheese, crumbled
- 8 oz whole-wheat penne or fusilli pasta
- 1 cup mixed chopped fresh herbs (such as parsley, basil, oregano, mint, dill, chives, cilantro and tarragon)

Grilled meat mingles with fruit

1. Heat the grill to medium. Heat the oven to 400 F.

2. While the grill and oven are heating, in a blender combine half of the feta, the lemon juice, buttermilk and olive oil. Blend until smooth. Season with pepper, then stir in the remaining feta. Set aside.

3. Split each pita pocket into 2 rounds. Spray the rough sides of each round lightly with the cooking spray, then sprinkle lightly with salt. Cut each round into 8 triangles. On a rimmed baking sheet arrange the triangles in a single layer. Bake on the middle shelf of the oven until golden and crisp, about 8 minutes. Set aside to cool.

4. Spray the pork with the olive oil spray, then season it lightly with salt and pepper. Grill it directly over the heat, turning it a quarter turn at a time, until a thermometer inserted at the thickest part registers 140 F to 145 F for medium, about 6 minutes per side. Transfer the pork to a plate, cover it loosely with foil and let it rest for 10 minutes.

5. In a large bowl, combine the arugula, onion, mint, cilantro, watermelon and cucumber. Add the pork juices from the resting pork to the feta dressing, whisking to incorporate. Place a mound of the salad on each of 4 plates. Slice the pork crosswise into rounds 1/2 inch thick and arrange a quarter of the slices on top of each mound of salad. Drizzle the dressing on top of the pork, then divide the pita croutons between the plates. Serve immediately. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNER.

Ingredients

- 4 oz feta cheese, crumbled, divided
- 1 tbsp lemon juice
- 1/3 cup buttermilk
- 1 tbsp extra-virgin olive oil
- Ground black pepper
- Two 6-inch whole-wheat pita pockets
- Olive oil cooking spray
- Kosher salt
- 1-lb pork tenderloin, trimmed
- 3 cups arugula
- 1/2 cup thinly sliced red onion
- 1/2 cup each fresh mint leaves and cilantro leaves
- 2 cups cubed and seeded watermelon
- 1 cup cubed seedless cucumber

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Come for a cold one, stay for the sites: Beer can mean big business for cities

Happily ever crafter.
The transformation of a once-forgotten neighbourhood in Cleveland paints a picture of the way in which breweries can bring on a boom

To see how a small business can transform a neighbourhood, just follow the barrels.

About 30 years ago, beer lovers wanting to create their own drinks started taking over abandoned old buildings in rundown city districts, refitting them with tanks, kettles and casks, and churning out beer.

The byproduct was a boom in craft beer drinkers: Barrels shipped have more than doubled in the past decade, according to trade publication Beer Marketer's Insights.

But beer drinkers weren't the only beneficiaries. The arrival of a craft brewery was also often one of the first signs that a neighbourhood was changing. From New England to the West Coast, new businesses bubbled up around breweries, drawing young people and creating a vibrant community where families could plant roots and small businesses could thrive.

It happened in Cleveland. Once an industrial powerhouse, the Rust Belt city has been losing residents since the 1950s. Manufacturing jobs disappeared. The city nearly went bankrupt in 1978.

Marred by abandoned buildings and boarded-up stores after several hard decades, the downtown Ohio City neighbourhood, just west of the Cuyahoga River, which divides Cleveland, was "perceived as dangerous and blighted" into the 1980s, says Eric Wobser.

Brewer Joel Warger tends to a batch of beer in the Great Lakes Brewing Co. in Cleveland's Ohio City neighbourhood. ADRIAN WYLD / THE CANADIAN PRESS

He works for Ohio City Inc., a non-profit that promotes residential and commercial development while trying to preserve the neighbourhood's older buildings.

Enter Great Lakes Brewing, which opened in 1988. Over the years, it's built a brewery and a brewpub from structures that once housed a feed store, a saloon and a livery stable.

Raise a glass to revitalization

"We resurrected all of them. We've beautified the neighbourhood, provided a stunning restoration."

Pat Conway, founder of Great Lakes Brewery, on transforming abandoned buildings into company quarters

"We resurrected all of them," says Pat Conway, who founded Great Lakes with his brother, Daniel. "We've beautified the neighbourhood, provided a stunning restoration."

Other breweries and businesses — a pasta maker, a bike shop, a tortilla factory, as well as restaurants and bars — followed. Newcomers are flocking to the neighbourhood, even though Cleveland's overall population is still declining.

The city repaved the quiet street next to the brewery, Market Avenue, with cobblestones, and poured millions into renovating the West Side Market, whose origins date back to the 19th century.

Today, more than 100 vendors sell produce, meat, cheese and other foods there. What's going on in Cleveland is happening across the country.

Trendy small businesses like breweries and younger residents have been returning to downtown neighbourhoods in many cities across the U.S. The biggest cities are growing faster than the suburbs around them, according to census data.

Another benefit of the brewery boom: Manufacturers like brewers typically pay workers more than service businesses like restaurants or shops do. That's good for local economies.

THE ASSOCIATED PRESS

Puff, the magic productivity-killer

Cough up the coin.
The cost of smoking doesn't end with the price of a pack

COURTNEY M. FOWLER
Metro World News

No matter how you look at it, smoking is expensive — beyond the actual pack of smokes, treatment expenses and health care for smokers often break the bank.

A new study from Ohio State University shows another way that smoking has become a burden: through those little bits of time smokers use to light up.

In a world where time is money, smoke breaks can quickly add up. ISTOCK

According to the June study, employing smokers will cost employers upward of $5,800 per smoker, per year. The costs due to loss of productivity because of periodic smoke breaks is more than $3,000 per smoker, per year. Attorney Gregg Salka, of the law firm Fisher & Phillip, represents employers who are concerned that employing smokers is bad for business.

As a representative for the employers, what are your biggest concerns about employing smokers?
Employers that have employees who take breaks in increments of five to 20 minutes throughout the day; if those employees are hourly, they need to be compensated. So I'm assuming that would decrease productivity just as someone who's browsing Amazon or posting on Facebook.

Is there anything else you'd like people to know about smoking and work-place productivity?
I think (employers) should really treat all their employees the same, regardless of whether they're smokers or non-smokers or Facebookers or non-Facebookers. An individual who is taking a break away from working time for whatever reason should be treated and disciplined the same.

Solutions?

What are some of the direct actions employers are planning to take with regard to the costliness of accommodating smokers and their breaks?

- "The best bet for employers is probably to institute some sort of a wellness program to reduce the overall likelihood that individuals will continue to smoke," says attorney Gregg Salka.
- "Your costs will go down because your employees will be healthier, and they'll presumably be smoking less and working more. There are also subsidies that are available under the Affordable Care Act (in the U.S.) in certain situations for employers that implement such wellness programs, so that's another way to recoup some of the costs that are associated with smoking issues."

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4 SPORTS

MLB

Verlander's no-hit bid falls short

Justin Verlander's no-hit bid was finally over in the seventh inning — and before refocusing, the Detroit ace saw his shortstop do something amusing.

"When the double was hit, and the ball came back in, everybody started cheering," Verlander said. "(Jhonny) Peralta caught the ball and looked up at the board checking the hits. That's when I knew he didn't know. I was like, 'Come on, Jhonny.'"

Verlander fell seven outs short of his third career no-hitter, but the Detroit ace looked sharp in his final start before the all-star break to lead the Tigers to a 5-0 victory over the Texas Rangers on Sunday.

Mitch Moreland's two-out double to right-centre broke up Verlander's bid. Verlander (10-6) left the game after the seventh with a tight right quad muscle, having allowed just that one hit and three walks. THE ASSOCIATED PRESS

Tour de France

Froome takes off to win 15th stage

British rider Chris Froome showed why he remains the overwhelming Tour de France favourite by winning Sunday's gruelling 15th stage up to Mont Ventoux to extend his lead over main rival Alberto Contador.

Froome's acceleration about two-thirds of the way up the 21-kilometre course was too much for two-time former champion Contador. The Spaniard dropped back and finished about one minute 40 seconds behind. THE ASSOCIATED PRESS

The Orioles' Chris Davis follows through on his 37th home run of the season against the Blue Jays on Sunday in Baltimore. GAIL BURTON/THE ASSOCIATED PRESS

Big bird ruffles Blue Jays' feathers

MLB. Davis helps Orioles win series over division rival, rolling into all-star break with 37 round-trippers

On Sunday

7	4
Orioles	Blue Jays

With one final power surge before the all-star break, Chris Davis earned himself a place in baseball's record book and generated momentum for the Home Run Derby.

Davis hit his 37th home run to tie the AL mark prior to the break, and the Baltimore Orioles cruised past the Toronto Blue Jays 7-4 Sunday.

Davis doubled in two runs in the first inning and hit a two-run homer in the third to give him 93 RBIs, second-most in the majors behind Detroit's Miguel Cabrera. He and Cabrera are the only players in major-league history to have 30 homers and 90 RBIs before the all-star game.

"Superhuman," Toronto manager John Gibbons said. "He's having some kind of year. I saw him a little bit when he was in Texas coming up. He could always hit home runs. He got his opportunity here to play every day and he's taken advantage of it. It's pretty impressive."

By going deep in a fourth straight game, Davis equalled Reggie Jackson's AL mark of 37 homers before the break, set in 1969. The major-league record is 39, by Barry Bonds in 2001.

Davis has already reached career highs in home runs and RBIs with 66 games left in the regular season.

"I think it's something definitely to be proud of," Davis said. "It means I've been doing my job, but it also speaks volumes about the guys in front of me getting on base and really swinging the bats well."

Davis has been facing a shift lately, but there's no defending a ball that clears the wall.

"You can't shift to the stands," Orioles manager Buck Showalter said. "They don't allow you to put anybody out there. So hit it where the grass doesn't grow." THE ASSOCIATED PRESS

Track-and-field. Jamaican sprinters test positive for banned stimulants

Former 100-metre world-record holder Asafa Powell and Jamaican teammate Sherone Simpson have each tested positive for banned stimulants, their agent told The Associated Press.

Powell and Simpson tested positive for the stimulant oxilofrine at the Jamaican championships last month and were just recently notified, Paul Doyle said Sunday.

Powell helped the Jamaicans to the 400-metre relay gold medal at the 2008 Olympics and was the last man to hold the individual 100 record before countryman Usain Bolt broke it earlier that year.

Simpson won Olympic gold in the women's 400 relay in 2004 and silver in 2012, along with an individual silver in the 100 in 2008. THE ASSOCIATED PRESS

Tyson Gay

American track star's test yields banned substance

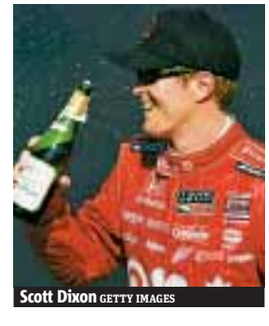
American 100-metre record holder Tyson Gay, who had promoted himself as a clean athlete, tested positive for a banned substance and said he will pull out of the world championships next month in Moscow.

He said he will have his "B" sample tested soon, possibly as early as this week. THE ASSOCIATED PRESS

IndyCar. Dixon comes out on top in Toronto's streets

Scott Dixon swept the doubleheader at the Honda Indy Toronto after leading from pole to finish Sunday for his third straight victory.

After winning Saturday, he was even better in the finale with a dominant performance on the 85-lap, 1.75-mile street course at Exhibition Place, finishing ahead of second-place Helio Castroneves and Sebastien Bourdais in third. THE CANADIAN PRESS



Scott Dixon GETTY IMAGES

Dwight Howard speaks to a large crowd outside the Toyota Center after he was officially introduced as a Rocket on Saturday in Houston. BOB LEVEY/GETTY IMAGES

Big man Howard controlling own destiny in Houston

NBA. Highly coveted free agent has big shoes to fill as a centre with Rockets

Dwight Howard has a new team and catchy new nickname.

"He's not Superman anymore. He's Rocket Man now," longtime Rockets broadcaster Bill Worrell said Saturday as he introduced the team's major free-agent acquisition.

As Howard took the stage and greeted several Houston officials, including owner Leslie Alexander and coach Kevin McHale, a couple of his new teammates playfully repeated his new moniker — "Rocket Man, Rocket Man" — and were met with a huge, toothy smile from Howard.

"It means a lot to me just to have a fresh start and have an opportunity to write my own story," Howard said. "I don't think people understood the fact that I got traded to L.A., and now I had a chance to really choose my own destiny, and this is the place where I chose and I'm happy about it."

The Rockets gave him a four-year deal worth about $88 million US, a year less and far below the $118 million the Lakers could have offered.

The centre was formally introduced in Houston on Saturday after spurning the Lakers to sign with the Rockets. He was greeted by some of the brightest stars in team history.

Hall of Fame centre Hakeem Olajuwon and Yao Ming were among those on hand to celebrate Howard's signing. Also joining the party were Ralph Sampson, Clyde Drexler and Elvin Hayes.

He will be the latest in a storied line of centres to play for the Rockets. He has long worked with Olajuwon.

THE ASSOCIATED PRESS

Dreaming of rings in Houston

"He is the missing piece where he can really bring the team to a championship contender."

Hakeem Olajuwon on Dwight Howard

Soccer

Canadian offence goes dark in Gold Cup ouster

Canada was eliminated from the CONCACAF Gold Cup on Sunday in Denver after a scoreless draw against Panama in both teams' final game of the preliminary round.

Neither side created much in the way of chances in a game that Canada had to win in order to have any chance of advancing to the knockout stage.

Canada exits the tournament having not scored a goal after losses to Martinique and Mexico preceded Sunday's result.

Canada was lucky to have not gone a goal down in the 18th minute when defender Ashtone Morgan failed to clear a Panamanian cross. The ball fell to Marcos Sanchez, who had time and space, but his curling right-footed effort went wide.

The Canadians had their best chance of the half 10 minutes later when Marcel de Jong's corner kick found defender David Edgar, but he was unable to make clean contact with his head.

THE CANADIAN PRESS

MLB. Giants' Lincecum keeps it cool after tossing first career no-hitter

Tim Lincecum walked into the San Francisco Giants clubhouse late Sunday morning and, yes, his right arm was still attached to his body.

That was no small matter, considering that Lincecum threw 148 pitches in his first career no-hitter Saturday night.

The Freak, indeed.

While he was still trying to put his no-hitter into perspective, Lincecum said his arm was OK after his incredible effort in the San Francisco Giants' 9-0 victory against the last-place San Diego Padres.

"I haven't played catch yet but right now I feel good," he said before the Giants' 10-1 loss to the Padres on Sunday.

Lincecum looks different now that he's cut his long hair, and he doesn't throw quite as hard as he used to. One thing hasn't changed, though. Lincecum has never iced his arm after starts, including his 148-pitch performance.

It turns out there was no ice of any kind Saturday night.

"Not even in the drinks that I didn't have last night," he said with a laugh.

Tim Lincecum celebrates during Saturday's no-hitter in San Diego. THE ASSOCIATED PRESS

"I said to him, 'One time, can you ice it?'" manager Bruce Bochy recalled.

Lincecum, a two-time NL Cy Young Award winner, said he had a low-key celebration. He spoke by phone with his father and spent time with his girlfriend and his two dogs. He said he didn't get to sleep until around 3:30 a.m.

"I woke up today, so I'm good," he said.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	58	39	.598	—
Tampa Bay	55	41	.573	2½
Baltimore	53	43	.552	4½
New York	51	44	.537	6
Toronto	45	49	.479	11½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	52	42	.553	—
Cleveland	51	44	.537	1½
Kansas City	43	49	.467	8
Minnesota	39	53	.424	12
Chicago	37	55	.402	14

WEST DIVISION

	W	L	Pct	GB
Oakland	56	39	.589	—
Texas	54	41	.568	2
Los Angeles	44	49	.473	11
Seattle	43	52	.453	13
Houston	33	61	.351	22½

Sunday's results
Minnesota 10 N.Y. Yankees 4
Cleveland 6 Kansas City 4
Detroit 5 Texas 0
Baltimore 7 Toronto 4
Tampa Bay 5 Houston 0
Oakland 3 Boston 2 (11 inn.)
Seattle 4 L.A. Angels 3
Saturday's results
Minnesota 4 N.Y. Yankees 1
Toronto 7 Baltimore 3
Tampa Bay 4 Houston 3
Cleveland 5 Kansas City 3
Texas 7 Detroit 1
Oakland 3 Boston 0
Seattle 6 L.A. Angels 0

AL LEADERS

	G	AB	R	H	Pct.
Cabrera Det	92	362	73	132	.365
Trout LAA	91	370	65	119	.322
Mauer Min	87	353	50	113	.320
Ortiz Bos	76	287	49	91	.317
Pedroia Bos	95	376	57	119	.316
Beltre Tex	92	374	54	118	.316
Hunter Det	83	356	56	112	.315
Davis Bal	94	343	70	108	.315
Loney TB	95	324	39	102	.315

Not including last night's games

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	54	41	.568	—
Washington	48	47	.505	6
Philadelphia	48	48	.500	6½
New York	41	50	.451	11
Miami	35	58	.376	18

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	56	36	.609	—
Pittsburgh	56	37	.602	½
Cincinnati	53	42	.558	4½
Chicago	42	50	.457	14
Milwaukee	38	56	.404	19

WEST DIVISION

	W	L	Pct	GB
Arizona	50	45	.526	—
Los Angeles	47	47	.500	2½
Colorado	46	50	.479	4½
San Francisco	43	51	.457	6½
San Diego	42	54	.438	8½

Sunday's results
Washington 5 Miami 2 (10 inn.)
Philadelphia 4 Chicago White Sox 3 (10 inn.)
Cincinnati 8 Atlanta 4
N.Y. Mets 4 Pittsburgh 2
Milwaukee 5 Arizona 1
Colorado 3 L.A. Dodgers 1
San Diego 10 San Francisco 1
St. Louis at Chicago Cubs
Saturday's results
Chicago White Sox 5 Philadelphia 4 (11 inn.)
Atlanta 5 Cincinnati 2
Pittsburgh 4 N.Y. Mets 2
Chicago Cubs 6 St. Louis 4
Miami 2 Washington 1 (10 inn.)
L.A. Dodgers 1 Colorado 0
Philadelphia 2 Chicago White Sox 1 (13 inn.)
Arizona 5 Milwaukee 4
San Francisco 9 San Diego 0

NL LEADERS

	G	AB	R	H	Pct.
Molina STL	86	318	37	107	.336
Cuddyer Col	73	285	44	94	.330
Craig STL	89	345	48	113	.328
Segura Mil	91	372	54	121	.325
Posey SF	89	323	38	105	.325
Carpenter STL	88	354	72	113	.319
Votto Cin	94	352	66	112	.318
Scutaro SF	80	320	37	101	.316
Goldschmidt Ari	93	352	60	110	.313

Not including last night's games

CFL

WEEK 3

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	3	1	2	0	83	97	2
Montreal	3	1	2	0	63	74	2
Winnipeg	3	1	2	0	72	74	2
Hamilton	3	1	2	0	79	89	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	3	3	0	0	114	67	6
Calgary	3	2	1	0	87	82	4
B.C.	3	2	1	0	73	63	4
Edmonton	3	1	2	0	51	76	2

Saturday's results
Hamilton 25 Winnipeg 20
B.C. 17 Edmonton 3
Friday's games — All Times Eastern
Toronto at Winnipeg, 8 p.m.
Saturday's games
Montreal at Calgary, 7 p.m.
Edmonton at B.C., 10 p.m.
Sunday's games
Hamilton at Saskatchewan, 7 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	9	5	6	29	19	33
Montreal	9	5	4	31	29	31
New York	9	7	4	29	24	31
Philadelphia	8	6	6	32	30	30
Houston	8	6	5	22	19	29
New England	6	6	6	22	16	24
Columbus	6	8	5	23	23	23
Chicago	6	8	3	19	25	21
Toronto FC	2	9	7	17	27	13
D.C. United	2	13	4	8	29	10

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	11	5	4	32	18	37
Portland	8	2	9	30	18	33
FC Dallas	8	5	7	27	27	31
Los Angeles	9	8	3	30	24	30
Vancouver	8	5	5	29	25	29
Colorado	7	7	6	23	22	27
Seattle	7	7	3	21	20	24
San Jose	6	9	6	21	32	24
Chivas USA	3	11	5	17	35	14

Sunday's result
Chicago at Vancouver
Saturday's results
New York 4 Montreal 0
Houston 2 New England 1
Kansas City 3 Toronto FC 0
Real Salt Lake 3 FC Dallas 0
San Jose 1 Seattle 0
Portland 2 Los Angeles 1
Wednesday's games — All Times Eastern
New England at Colorado, 9 p.m.
Toronto FC at Chivas USA, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
You may not be a peacemaker by nature but you can help defuse an explosive situation by standing between the warring parties and insisting that they cool down.

♉ Taurus
April 21 - May 21
The only danger this week is that you might give up on something before you have really started. However difficult the task ahead of you may look it is not impossible and failure is not a foregone conclusion.

♊ Gemini
May 22 - June 21
You may sometimes act as if you don't care about what's going on in the world but you do and over the next few days you will find ways to make a difference.

♋ Cancer
June 22 - July 23
Listen to your head by all means today but let your heart have the last word. Your emotions run deep and someone is about ignite your passions in a way they have not been ignited for quite some time.

♌ Leo
July 24 - Aug. 23
As it's the first day of a new week why not put your troubles behind you completely? Is that actually possible? Of course it is. Your reality is a reflection of what goes on in your mind.

♍ Virgo
Aug. 24 - Sept. 23
Whatever you are working on you can and you will make a success of it, even if you make a few mistakes in the short-term. It's no big deal.

♎ Libra
Sept. 24 - Oct. 23
You have been through a stressful time of late, so wind down a bit and find ways to have fun without pushing yourself too hard physically or emotionally. Be kind to yourself today, and every day.

♏ Scorpio
Oct. 24 - Nov. 22
You deserve the best and you will get the best but it may not arrive quite as quickly as you expected. That's okay. The longer you have to wait the better the taste of success will be.

♐ Sagittarius
Nov. 23 - Dec. 21
What worried you yesterday is not what will worry you today and what worries you today won't be what worries you tomorrow. Which begs the question: why worry at all?

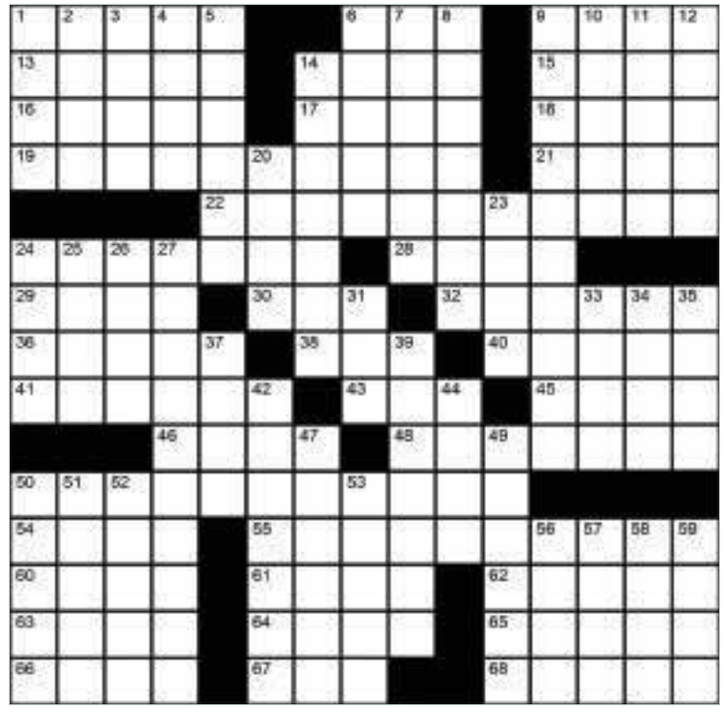
♑ Capricorn
Dec. 22 - Jan. 20
Don't just assume that someone knows how much you care for them: spell it out so there can be no misunderstandings. Capricorn may have a reputation as being a bit of a cold fish but it's not true. You're really all heart.

♒ Aquarius
Jan. 21 - Feb. 19
You may be behind in your schedule and you may be worrying how you can catch up but is there really any point? You know from experience that it will all work out in the end.

♓ Pisces
Feb. 20 - March 20
It will pay you to be a bit more forgiving of people who have let you down or who do not come up to your exacting standards. SALLY BROMPTON

Crossword: Canada Across and Down

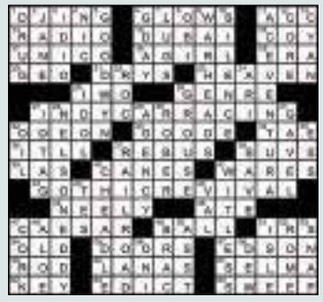
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Beach 'hermits'
6. Li'l food†additive
9. Mr. Belushi's
13. Pale purple
14. Remorseful person
15. Miss _ __ (Don't appear on stage on time)
16. Ancient Greece marketplace
17. Feminizing suffix
18. Donny of "Happy Days"
19. Huge pool park's fun chute
21. Put a sock __: 2 wds.
22. "The ___ Canada", on CTV starting tonight
24. "Curious" band from New Glasgow, NS
28. Pianist, Peter __
29. Stead
30. Emerald
32. Actress Ms. Welch
36. Rectify
38. T, in Morse
40. Many
41. __ bliss
43. Romanian currency
45. Some small batteries
46. Ancient's "Awesome!"
48. Versus
50. Prehistoric rock carvings, as per __ Provincial Park in ON
54. Chopped
55. Rapper from Enfield, NS
60. Calif. campus
61. Habilis or Sapiens
62. Like crafts
63. Peddle
64. "Out __ __?"
65. Quebec's __ Peninsula
66. Besides that
67. Pallid
68. Go __ __... (Be repetitive)

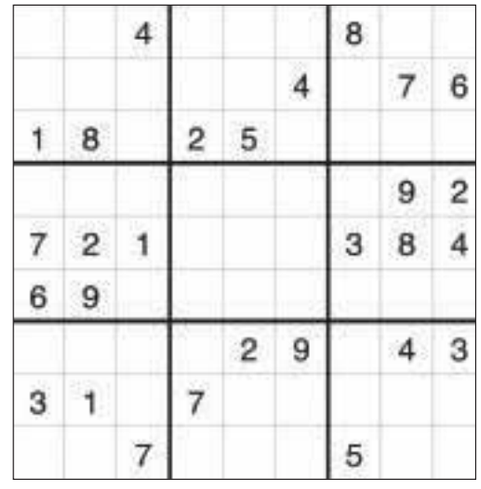
Down
1. Cat's clutcher
2. Latvia's capital
3. Quite often: 2 wds.
4. Unadorned
5. Ancient Egypt's sacred beetle
6. "Malcolm in the Middle" star Frankie
7. Songbook standard: "__ the Clowns": 2 wds.
8. Like a more lush-looking lawn
9. "Virtual Insanity" band
10. "I Love It": Hit for Swedish pop duo __ Pop
11. Radio fare
12. Seven, in Sicily
14. Not uptight
20. City's cloudiness
23. 'Tele' suffix
24. Restaurant side order
25. I like = J'__
26. INXS hit: "What You __"
27. Premier of Newfoundland and Labrador, Kathy __
31. Prefix that means 'Bad'
33. __ Bator (Capital of Mongolia)
34. 7th Greek letters
35. Grocery-shopping reminder
37. Early-'80s group
39. Generously piles the food to the plate: 2 wds.
42. Purina product: 2 wds.
44. Cousins of 'yucks'
47. UNESCO World Heritage Site in India, __ Caves
49. Certain cheese
50. Hesitate
51. Gum brand
52. Recites
53. "American Idol" Season 5 alum, Elliott __
56. "The Nanny" star Ms. Drescher
57. "__ _ miracle!"
58. "SportsCenter" station
59. Bottled hair, like it

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

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